









North West London Cardiac Network

Ladies – know the risks about smoking

Coronary heart disease (CHD) is the single most common cause of death in the UK. Smoking is one of the major risk factors for CHD (a risk factor is something that increases the chance of getting the disease). Here are some **facts you should know about:**

-  CHD is the **single most common cause of death** in women. Like men, women who smoke increase their chances of developing CHD.
-  Cigarette smoking increases the risk of having a heart attack by two or three times, compared with the risk for non-smokers.
-  Ladies who take the contraceptive pill, and smoke as well, are at greater risk of developing heart disease or having a stroke.
-  Smoking can contribute to higher blood pressure and/or higher blood cholesterol levels – which can both add strain to your heart.
-  Even if you don't smoke, but your partner does, second-hand smoking (or passive smoking) can have a harmful effect on your heart. Research shows that non-smokers living with smokers have an increased risk of heart disease of around 30%.
-  Passive smoking also harms babies and children, increasing the risk of respiratory tract infections, asthma symptoms, more frequent occurrence of chronic coughs, phlegm and wheezing. More than 17,000 children under the age of five are admitted to hospital every year because of the effects of passive smoking.

The NWL Cardiac Network aims to prevent more people developing CHD and to ensure appropriate cardiac services are available to those who need it. We work with doctors, clinical teams and patients to deliver high quality care in a safe setting. Help us to help you – for more help and advice call the NHS Smoking Helpline on **0800 169 0 169**.

Stopping smoking is the single most important thing you can do to avoid a heart attack. It's never too late to stop.

Source: Smoking and your heart, British Heart Foundation, September 2001
Action on Smoking and Health (ASH) Basic facts: Two smoking and disease, November 2005

www.nwlc.nhs.uk